

Senior Center SNAPS



the SENIOR PIPELINE

JULY
2016

Get Active and Get Involved!



Frozen Friday

Sock Hop

For Love & Art

Texas Hold'em Tournament

Summer Fun with Your Grandkids

*Check out the
calendar for new
events and programs!*



Operating Hours

Monday - Wednesday 7 a.m. - 7 p.m.

Thursday 7 a.m. - 9 p.m.

Friday 7 a.m. - 7 p.m.

Closed Saturday & Sunday

Hurst Senior Activities Center

700 Heritage Circle

Hurst, Texas 76053

817.788.7710

www.hursttx.gov/hsac



Visit Randy Foster's blog at: <http://hurstseniors.blogspot.com/>

Cecil Kearney's Hurst Senior Center blogs at:

<http://hursttech.blogspot.com/> ; <http://hsc-pix.blogspot.com> ; <http://hurstfood.blogspot.com>

SENIOR PIPELINE TIDINGS

MEMBERSHIP at the Senior Center is required and is open to Seniors ages 55 & over.

Hurst Residents **\$20 per year**
 \$5 day pass

Non-Residents **\$80 per year**
 \$10 day pass

Thank You!

- | | |
|--------------------------------|------------------------------|
| • Artisan Theater | • Lion Hospice |
| • Baylor Scott & White | • Martha’s Senior Gourmet |
| • Brown & Freeman | • Meadowood |
| • Busy B’s Bakery | At the Vinyards |
| • Chateau of Wildbriar Lake | • Mid-Cities Pharmacy |
| • Custom Fit Insurance | • Nations Insurance |
| • Donut Plaza | • North Hills Hospital |
| • Educate DFW | • Right at Home |
| • Edward Jones, Adam Davenport | • Shield Awards & Promotions |
| • First Hurst Donut | • Smile Donuts |
| • Heartland | • Tarrant County Health |
| • Heritage Village Residences | • Tender Heart Home Health |
| • Humana | • Kreigh & Carol Valkenaar |
| • Hurst Plaza | |
| • Lexington Place | |

Senior Center Staff

Linda Rea	Director
Michelle Varley	Activities Coordinator
Laura Gore	Administrative Asst.
Linda Provence	Asst. Activ. Coordinator
Ron Beall	Part-Time Attendant
Diana Conway	Part-Time Attendant
Tammy McDonald	Part-Time Attendant
Anthony Ochoco	Part-Time Attendant

By: Devon Osbourne, HSAC Member

Not so well known, is the significant role the DFW area played in aircraft development since the 1910s, through both World Wars, and until now. The presence of over two dozen aviation-related museums in a 50 mile radius bears witness to this fact. The C.R. Smith Museum near DFW airport, the Fort Worth Aviation Museum, and the Cavanagh Aviation Museum near Love Field in Dallas are just a few of the area museums.



Bob Shultz in a Cherokee 140

The Hurst Senior Center is fortunate to have some of the few pilots, engineers, crew, and others who can provide a personal perspective on moments in time that are already in the history books. Some of the docents from the local museums are part of Aircraft & Helicopter and the Aviation History group that meets here.

Recent presentations to the Aviation History group have included the history of the rotary-wing aircraft at nearby Bell Helicopter and Air Bus, the aircraft employed during The Viet Nam era, the development and use of Military drones, and a briefing on the Solar Impulse, which is currently making its way around the world.

So, if you were part of the aviation industry in your working days or just have an interest in aviation, you are welcome to participate. Meetings are held once a month. The Aviation History meets on the third Wednesday and on the first Thursday of the month, the Aviation Science group meets. Both are from two until four in the afternoon. Sign up at the beginning of the month at the Reception Desk so we know you will be attending.

OPEN ACTIVITIES

Games

“42”

Mon. & Wed. & Fri. 1:00 pm - 4:00 pm

Billiard’s Room

Open Daily

Novice Play

Tues. & Thur. 5:00 pm - 7:00 pm

Chicken Foot

Tue. & Fri. 1:00 pm - 3:00 pm

Duplicate Bridge

Tue. & Thur. 12:30 pm - 4:30 pm

Canasta

Wednesdays 10:00 am - 12:00 pm

Tues. & Thur. 2:00 pm - 5:00 pm

Mah Jongg

Monday 2:00 pm - 4:00 pm

Wednesday 10:00 am - 12:00 pm

Mexican Train

Monday & Wednesday 1:00 pm - 3:00 pm

Ping Pong

Wednesdays 9:00 pm - 12:00 pm

Fridays 10:15 am - 12:15 pm

Party Bridge

Tue. & Thur. 9:00 am - 12:00 pm

Fridays 10:00 am - 12:00 pm

Learn a New Game

Tuesdays 10:00 am - 12:00 pm

Puzzles

Check the library for the latest jigsaw puzzle

Scrabble

Wednesdays 1:00 pm - 3:00 pm

Wii Play

Monday & Wednesday 4:00 pm - 6:00 pm

Health & Exercise

Walking Group (14 laps make a mile!)

Work Out on Your Own With one of our available Exercise DVD’s

(See the front desk for room and video access.)

Choose From:

Qigong

Richard Simmons - Disco Sweat

Richard Simmons - Silver Foxes

Richard Simmons - Sweatin’ to the Oldies

Tai Chi for Beginners

Texercise

Walk Away the Pounds

Yoga for Beginners

Yoga for the Lower Back

Arts, Crafts & Misc.

Ceramics* & Wine Bottles*

Tue. & Thur. 9:00 am - 2:00 pm

Coupon Clique

Tue. & Thur. 9:00 am - 12:00 pm

Glass Fusion*

2nd Tue. 2:00 pm

Knot-a-Lot

Wednesdays 1:00 pm - 4:00 pm

Quilting

Tuesdays 1:00 pm - 5:00 pm

* With the exception of Ceramics, Wine Bottles & Glass Fusion, open activities generally do not require a fee.

SOCIAL PROGRAMS

MONTHLY DANCES All Seniors 55+ are Welcome! Join us on the 2nd and 4th Thursday nights of the month, 7:00 pm - 9:15 pm for a great night out! Come to dance the night away or just listen to some fabulous music! Dances are only \$5 payable at the door and open to Seniors from all over the Metroplex. Senior Center membership is not required. Our dances feature a live band, dance host and light refreshments. Invite your friends to join you for an evening out!

POTLUCK BINGO! (95002 5/75/MP) Thursday, July 7, 6:00 pm Bring a side dish or dessert to share. The Senior Center provides the main entrée, (Hot Dogs) drinks and prizes. Please sign up in advance. **FREE!**

MOVIES & MUNCHIES (95001 5/75/MPN) Friday, July 22, 1:00 pm. Join us as we offer a current movie with "munchies" - including popcorn, drinks, and a snack for **only \$3**. This month's feature is "Gravity." A scientist and astronaut on a space shuttle mission find themselves detached from their ship and stranded in space. Starring Sandra Bullock and George Clooney. Please sign up in advance.

BREAKFAST CLUB (95015 10/50/MPN) Thursday, July 14, 8:30 am Wake up and get up to the Senior Center for a hearty breakfast. Enjoy Breakfast Frittata, Monkey Bread, fresh fruit, juice, and coffee. Fresh fruit sponsored by Comfort Keepers. **\$3 per person.**

BIRTHDAY PARTY (95006 6/75/MPN) Wednesday, July 13, 2:00pm Let us honor you on your special day. It doesn't have to be your birthday to attend; the party is open to all Senior Center Members. Please sign up. **FREE!** Sponsored by Heartland of Bedford.

HAPPY HATTERS MEETING: Artisan Theater & Lunch Outing (95040 1/20/Offsite) Saturday, July 9, 1:00 p.m. This month's hostess, Reva Willes has made arrangements for the group to attend Chitty Chitty Bang Bang at the Artisan Theater. We will meet for lunch and business meeting at 1:00 pm at the Asian King before the show. Show starts at 3:00 pm. Tickets are \$15 per person and payment must be made to Reva in advance. Wear your red hat and name badge! \$2 "Hatters' Fund" donation appreciated. For more information contact Reva. Please sign up at the front desk.

NEWCOMERS CONNECTION (94005 1/15/Conf) Friday, July 8, 2:15 pm. Are you new to the Senior Center? Want to get involved? Have questions about our programs? Staff member Gayle Stevens will help you learn your way around, meet new people and find things to do! Please sign up so we know to expect you. **FREE!**

BINGO IN THE AFTERNOON (95058 5/75/MP) Wednesday, July 20, 2:00pm Join us for an exciting afternoon of B-I-N-G-O! Light refreshments and beverages provided. Please sign up in advance. Sponsored by Accuquest Hearing. **FREE!**

WHAT'S FOR LUNCH (95096 6/50/MPN) Thursday, July 28, 11:30am Once a month, senior center members Carol & Kreigh Valkenaar prepare a hearty meal for you to enjoy. Seating is limited. You are encouraged to sign up early! Cost is only \$3 per person. This month's main menu item is "Crispy Potato Chicken." The meal comes complete with side dishes and more. Dessert is sponsored by Meadowood at the Vinyards.

SPECIAL EVENTS



FROZEN FRIDAYS (95023G 5/150/MP) Fridays, July 1 - August 26, 3:00 pm — 3:30 pm The much anticipated Frozen Friday is back! Stop by the multi-purpose room kitchen window this summer at 3 pm for a **FREE!** frozen treat every Friday. Treats will vary and sugar free options will be available upon request.

FOR LOVE & ART (95034G 10/300/MP) Friday, July 15, 1:00 pm For Love & Art is a non-profit organization that brings museum collections and the art experience to you. Treasures from great American Art Museums are shared through virtual Museum Artbooks and Artbook Videos. Come enjoy the video of these inspiring and uplifting images from the collections of museums such as The Metropolitan Museum of Art, The National Gallery of Art, The J. Paul Getty Museum, and others. A light snack and beverage will be provided. **FREE!**

SELF-DEFENSE FOR SENIORS (95091G 1/15/MPN) Tuesday, July 19, 10:00 am Come for this one-hour crash course on awareness, defensive and getaway moves for the senior. Class will include lecture as well as hands on training. Taught in a relaxed and fun environment by instructor David Scott who holds a Black Belt in Karate. Free!

LUNCH & LEARN: DOWNSIZING MADE EASY (94077G 1/50/MPN) Thursday, July 21, 11:00 a.m. Are you an empty nester with too much house to maintain and so many possessions that you feel overwhelmed? Downsizing could be a way to upgrade your lifestyle and allow you the freedom to travel and spend your time as you please. Ingrid & John Sullivan, Certified Real Estate Senior Housing Professionals will present 5 easy steps to a successful move. Learn to create a plan, communicate with family, and deal with a house full of possessions. Complimentary lunch provided, but you must register in advance. **FREE!**



SOCK HOP (1/300/MP) Thursday July 28, 7:00 pm! Come on out for this fun, dance night featuring the band Now & Then! 50's attire is encouraged, but not required. Join us as you reminisce, take your shoes off, jitterbug and have fun! Reservations are not required and this event is open to the public. \$5 payable at the door.

SUMMER FUN WITH GRANDKIDS (5/50/MP) Friday, July 29, 8:30 am - 11:00 am Bring the grandkids to the Senior Center for a morning of fun! Please sign up for each activity you will be attending and let the front desk staff know the number of grandchildren you will be bringing.

- 8:30 - 9:30 Waffles & Juice \$2 per person **(95102G 5/50/MPS)**
- 9:00 - 10:30 Photo opportunities with a Minion, Face Painting, Dancing, Crafts and more. \$2 per child **(95103G 5/50/MPN)**
- 10:30 - 11:00 Snow Cones on the Patio. Free! **(95104G 5/75/patio)**

COMPUTER RESOURCE CENTER

Computer Resource Center The Computer Resource Center is always open during our regular operating hours for members to use. Please check in at the front desk to obtain an access key to the room. No food or drinks are allowed. We offer a variety of classes on technology related topics. Please be sure that you sign up for the class if you plan to attend. Should you need to use a computer while a class is going on, we kindly ask that you use a machine at the back of the room. Use of the Computer Resource Center is **FREE!**

Private Computer Lessons (93005 ^{1/1/Comp}) **By Appointment** Do you need just a little one on one assistance with a computer issue? Do you prefer an individual lesson over a group lesson? Do you have a specific task you are trying to do or program you want to master? Make an appointment for a private computer training session. Instructor may vary depending on topic or area of desired training. Limited assistance is available for laptops and other devices. **\$5 for a 30 minute session.** Multiple sessions may be purchased at one time. Please sign up at the front desk and an instructor will contact you to schedule your private lesson.

Get Your Pics (lobby) **Tuesdays, July 12 & 26, 2:00 pm** Want copies of the pictures that have been taken here at the Senior Center? Bring a thumb drive. **FREE!**



iPad and iPhone (93042 ^{1/16/Comp}) **Fridays, 2:00 pm - 3:00 pm** Each week explore a different topic related to iPad and iPhone technology. Bring your device and questions. Instructor: Fannette Welton. **FREE!**

Computer Club (93035 ^{1/16/Comp}) **Monday July 11 & 25, 1:00 pm - 2:30 pm** Come and join Sailor Dave for 1.5 hours of computing fun. Bring your questions, problems, laptops, phones, tablets and anything else you might want to work on. Any level of expertise is welcome, from learning how to check email, learning how to "Google" something, or figuring out Cloud questions and more. Bring your problems and questions and we'll dig in, find answers, work together, and sometimes tell stories about things we've learned or done. Instructor: Dave Thompson. **FREE!**

Facebook for Desktop Computers (93041 ^{1/16/Comp}) **Friday, July 22, 11:00 am - 12:00 pm** Learn the basics on how to use Facebook for your desktop computer. Learn how to add friends, blocks others, post status updates, and protect your privacy. No tablets, iPads, or cell phones please. Instructor: Staff/Volunteer. **FREE!**

Genealogy Club (93014 ^{1/16/Comp}) **Friday, July 22, 10:00 am - 11:00 am** Bring your questions, research experience and other knowledge and share with the group. Instructor will be available to assist and will touch on the basics of some of the top free and paid genealogy websites to add to your family tree or preserve documents and photos to share with family and friends. Visit Ancestry.com, Find A Grave, and FamilySearch.org, among others. Instructor: Emily Johnson. **FREE!**

CREATIVE ARTS



Caring Covers Our Senior Center members are like a close-knit family. When one of our members is sick, has lost a loved one or is just having a rough time, we want to reach out to them. Please advise the front desk staff if you know of a fellow member who is in the hospital, grieving or feeling down, so that a "Caring Cover" can be shared with them.

Floral Arranging (91050 ^{1/8/SA}) **Thursday, July 14 2:30 pm.** Create this simple grocery store arrangement in a glass block. Instructor: Diana Conway. Class Fee \$5; Supply fee \$16.

Bead Mania I (91048 ^{1/8/CRB}) **Thursday, July 21, 2:30 pm.** Three strand bracelet. Instructor: Diana Conway. Class fee \$5; Supply fee \$12.

HSAC Crafting (91094 ^{1/25/SA}) **The last Wednesday of the month at 11:00 am and Thursdays, 12:00 pm - 2:00 pm** Join Diana as she begins work on creating fun and easy items to be sold at the 2016 Craft & Holiday Market. All items are made from donated materials and proceeds from the sell of these items benefit the Senior Center. Bring your ideas. All supplies are provided.

Bead Mania II (91056 ^{1/8/SA}) **Thursday, July 28, 2:30 pm.** Zebra necklace and earring set. Instructor: Diana Conway. Class fee: \$5; Supply fee \$15.

Jewelry Repair (91026 ^{1/8/SA}) **Monday, July 25, 1:00 pm—2:00 pm** Bring your broken costume jewelry to be repaired. We can replace broken clasps, restring beads, and do other minor repairs. For questions concerning the possibility of jewelry repair, see Diana Conway. **\$5 repair fee** for a maximum of three pieces of jewelry. Please sign up in advance to help us assess jewelry repair needs.

Glass Fusion Lessons (91073 ^{1/10/CRB}) **Wednesday, July 27, 9:30 am** Learn to cut glass and more as you create a pendant for a necklace. Limit 2 pieces per class (\$5 additional piece). All supplies provided. Instructor: Diana Conway. Class fee \$15.

Ceramics (91001 ^{1/25/SA}) **Tuesdays & Thursdays, 9:00 am - 2:00 pm.** Bring your own supplies. Greenware available for purchase from instructor. Pieces fired onsite. Instructor: Debbie Smith. \$5 fee due at the beginning of each month. Please sign up at the front desk.

Wine Bottles (91054 ^{1/25/SA}) **Tuesdays & Thursdays, 9:00 am - 2:00 pm.** Bring your own bottle(s), then decide what you want to make. Lamps require a \$3 cutting fee and light kit payable to instructor. Decals available for purchase from instructor. Instructor: Debbie Smith. \$5 fee due at beginning of each month. Please sign up at the front desk.

Glass Fusion (91092 ^{1/10/CRB}) **2nd Tuesday at 2:00 pm.** Use your own materials. Participants are required to have taken the Glass Fusion class at least once. Center and staff are not responsible for outcome of fired pieces. Limit of 20 jewelry pieces per month. \$5 monthly fee.

Call for Display Case Contributors

Each month we come up with a theme for the display case in the West Hall and ask our members to contribute by allowing us to show case their personal collections and/or items that go with the theme.



For the month of July, we will be featuring 50's & 60's memorabilia in honor of our Sock Hop on July 28th.

Items should be clearly labeled with name and phone number. You can bring your items to the front desk June 27—30. Items will be on display July 1—July 22. Please plan to pick your items up during the last week of the month.

CREATIVE ARTS

Art Addicts (91002 ^{1/16/CRB}) Mondays, 9:00 am - 11:00 Are you interested in sketching, painting or just seeking a creative outlet and want to enjoy the company of others with like interest. Class Room B has been reserved just for you! Bring your own supplies and materials and work on your own projects. No matter what your artistic ability level, all are welcome! Join in the fun; discover and share your hidden artistic talent. No instructor. **FREE!**

Multi-Media Painting (91101 ^{1/16/CRB}) Mondays, 12:15 pm - 4:00 pm Classes on the use of watercolor, pastels, acrylic, and oil painting. Choose your medium! Instructor Victoria Pedersen. \$40/mo.

You Can Paint with Oils (91074 ^{6/15/SA}) Friday, July 8, 1:00 pm - 4:00 pm Painting title: "Keystone, Colorado." Even if you've never held a paint brush or can't draw a straight line you will be amazed at the beautiful oil painting you can create in one fun and inspiring lesson. Beginners learn basics of color mixing, brush strokes and perspective while completing a detailed landscape or seascape under the patient guidance of award winning "Teacher of the Year, Susan & Robert Garden, founders of the Robert Garden School of Art. All art supplies, canvas, paints, brushes, easel and detailed lesson plan are provided. Bring paper towels and wear old clothes. Instructor fee \$15; Supply fee \$18.

Writing Group (94064 ^{1/15/CRB}) Thursdays, 10:00 am - 12:00 pm Join this comfortable, yet professional group for getting your writing ready for publication. Writing includes poetry, short stories, novels, memoirs, essays, speeches, documentation and other written material. Bring pen, pencil, paper, eraser and imagination! Instructor: Victoria Pedersen. \$15/mo.

Quilter's Choice (91024 ^{1/8/SB}) Mondays 10:00 am—1:00 pm This month pick your pattern. Instructor will have patterns available for you to choose from or bring one of your own. Instructor: Jan Cook. \$25 monthly fee.

Quilter's Lab (91078 ^{1/12/SB}) Tuesdays 10:00 am—1:00 pm Instructor assistance with your project. Instructor: Jan Cook. \$25 monthly fee.

Beginner Quilt Making (91047 ^{1/12/SB}) Wednesdays 10:00 am—1:00 pm You do not have to make a bed size quilt to be a quilter! Come learn all the basics of quilting. Project finished in a month! Instructor: Jan Cook. \$25 monthly fee.

Quilter's Block of the Week (91003 ^{1/12/SB}) Tuesdays, 1:00 pm - 3:00 pm Join this group of quilting fanatics as they work on a block each week. Pattern is a 1/2 inch square triangle and you will need to make 25 squares total. Bring your own materials and sewing machine. There is no instruction provided, so you must have prior quilting experience/knowledge. For more information contact Jan Cook. Class is **FREE!**

"Knot-a-Lot"(Open ^{1/25/SB}) Wednesdays, 2:00 pm - 4:00 pm Bring your own supplies and projects and work on your "knotted" creations. Crochet, knitting, embroidery, or any other craft that involves a "knot" is welcome to join and "knot" among friends. Yarn donations are always needed for the Caring Covers that the "knotters" make. Donations can be left at the front desk. **FREE!**

Simple Sewing Repairs (91009 ^{1/8/SB}) July 8 & 22, 3:00 pm Need a button sewn on, a hem repaired or other minor sewing done? Diana Cubillos will be available to offer assistance in getting the mending done. Please sign up so she knows to expect a repair. **FREE!**

FUN & GAMES & GROUPS

Billard's Corner Please sign up to play in these organized games:

- **Ladies Powder Puff Pool (95079 ^{8/12/BIL}) July 6, 2:00 pm - 4:00 pm.** All ladies at any playing level are welcome. Please sign up so we can better organize playing schedule ahead of time. **FREE!**
- **8-Ball Tournament/Singles (95078 ^{8/24/BIL}) July 8, 11:00 am - 4:00 pm** Sponsor: Adam Davenport, Edward Jones. **\$3/pp.**
- **Mixed Doubles Pool (95086/Men: 95042/Ladies ^{7/14/BIL}) July 20, 11:00 am - 2:00 pm** Sponsor: Martha's Senior Gourmet. **FREE!**
- **9-Ball Singles Tournament (95029 ^{8/24/BIL}) July 29, 11:00 am - 4:00 pm.** Sponsor: Hurst Plaza Nursing & Rehab. **\$3/pp.**

Spanish Club (94004 ^{1/20/CRB}) Wednesdays, 11:00 am Hola! Cómo estás? Come join this group to learn and practice Spanish. This is not a structured class, but consists of people with some experience in the language and a desire to increase their vocabulary and usage. Facilitators: Don Kersey, Harry Kier, David Hyland. **FREE!**

Bunco (95092 ^{5/30/MPN}) Thursday, July 28, 3:00 pm Play this fun, social dice game that requires no skill, but lots of luck. Refreshments and prizes provided. Sponsor: Brown & Freeman, LLC. **FREE!**

Texas Hold'em Tournament (95007 ^{1/40/MPN}) Wednesday, July 27, 2:00 pm - 4:00 pm Playing is just for fun, no cash is used. Light refreshments provided. Prizes awarded at the end of the tournament. Sponsored by: Mike Smith, Custom Fit Insurance.

Aircraft & Helicopter Science Group (95031 ^{1/16/CRB}) 1st Thursday, 2:00 – 4:00 pm Please note: Class is canceled for this month, but will resume in August.

CAFÉ EXCHANGE (94062 ^{1/30/SA}) Mondays & Fridays, 10:00am - 1:00pm What began as a few folks talking over coffee has developed into a group of enthusiastic and engaged individuals who enjoy sharing thoughts, ideas, stories, and conversation. All are welcome! Grab a chair and a cup of coffee and join us in Studio A.

Music & Song (95035 ^{5/100/MPN}) Mondays 2:15 pm - 4:00 pm Music is therapy for the heart and soul. Join this group for a fun, light hearted afternoon that will lift your spirits. No talent required. We use a variety of media including guitars, keyboard, and karaoke. All instruments and voices are welcome! **FREE!**

- 1st Mondays join Carol Bradley for Karaoke and requests!
- 2nd & 4th Mondays join Michelle for hits from the decades!
- 3rd Monday join Linda Provence for all your old and new favorites!

Book Club (94078 ^{1/20/Conf}) Monday, July 18, 3:00 p.m. This month we will discuss "The Raven" by James Haley and "The Glass Castle" by Jeannette Walls. The new book to read will be "No Place Like Home" by Mary Higgins Clark and it will be discussed in our August meeting. Facilitator: Elaine Wicker.

42 Player Luncheon (94048 ^{5/30/MPN}) Wednesday, July 20, 12:30 pm. Once a quarter, the 42 players are going to meet for a potluck luncheon. Each player is asked to bring a dish to share. Plates, napkins, utensils, cups, and beverages will be provided. Please sign up at the front desk.

Learn a New Game! Please sign up so instructors can plan properly. No experience necessary. All lessons are **FREE!**

- **Texas Hold'em Practice (94012 ^{1/16/MPN})** 3rd Tuesday each month, 10:00 am - 12:00 pm Instructor: Terry Mesler.
- **Samba Canasta Lessons (94019 ^{1/16/Game Room})** Wednesdays 10:00 am - 11:00 am Instructor: Barbara Brown.

FITNESS/HEALTH/WELLNESS

Fitness Room Our fitness room is furnished with the latest in resistance equipment, free weights and cardio machines. For your protection, you **must wear** closed toed shoes with rubber soles and backs (no slip ons) when using the fitness room. Please limit equipment use to 30 minutes at a time. Fitness orientation **is required** before use of the fitness room.

Fitness Orientation is offered every Friday at 1 pm and the 2nd & 4th Tuesday of each month at 6 pm. We kindly request that all new members enroll in the Fitness Orientation class prior to using the equipment in the Fitness Room. Seasoned members are always welcome to attend if they have questions or need a refresher on the use of the equipment. We do ask that you register due to space limitations in the Fitness Room.

Personal Training (92020; 92041;92042;92043) Personal trainers, Gerald Campbell and Rosy Pritchett, are available to assist you in reaching your individual health and fitness goals. They will work with you to develop an effective exercise program designed specifically for you. Sessions are paid through the front desk. Appointments are scheduled directly with the trainer. Please specify your trainer preference when paying for your session. **\$35/hr.**

Chair Massage & Reflexology (PoS) **Wednesdays 10:00 am - 11:00 am** Massage benefits include: stress relief, immune system boost, improved circulation, muscle pain relief, and more. Appointment is required, see front desk. Therapist: David Hyland. \$1 per minute.

Fit Start I Exercise Class Instructor led fitness class designed for those just starting to exercise and also for those with low mobility. Please bring a bottle of water with you. Classes are \$2.50 each, payable at the beginning of each month.

- **Mondays (92063** ^{5/30/MPS}) 5:45 pm, Instructor: Rosy Pritchett **\$7.50/ 3 classes**
- **Tuesdays (92036** ^{5/30/MPS}) 9:00 am, Instructor: Jerri Worl **\$10/ 4 classes**
- **Wednesdays (92062** ^{5/30/ MPS}) 5:45 pm, Instructor: Rosy Pritchett **\$10/ 4 classes**
- **Thursdays (92058** ^{5/30/MPS}) 9:00 am, Instructor: Jerri Worl **\$10/ 4 classes**

Fit Start II Exercise Class This class is for those ready to move to the next level in their fitness. Class will include floor exercises. Please bring an exercise mat and a bottle of water with you. Classes are \$2.50 each, payable at the beginning of each month.

- **Mondays (92051** ^{5/30/MPS}) 9:00 AM, Instructor: Gerald Campbell **\$7.50/ 3 classes**
- **Wednesdays (92050** ^{5/30/MPS}) 9:00 AM, Instructor: Gerald Campbell **\$10/ 4 classes**

Zumba Gold Latin inspired fitness dance classes taught by certified instructors. Purchase a punch card for \$20 for 5 sessions, which can be used as often as you like until you have taken the 5 classes. (Must be used within 3 months of date purchased). Purple card/Tuesdays. Green card/Wednesdays.

- **Tuesdays (92003** ^{5/30/MPN}) 10:30 am - 11:15 am Instructor: Rosy Pritchett
- **Wednesdays (92002** ^{5/30/MPN}) 10:15 am - 11:00 pm Instructor: Kalyn Worthey

Tai Chi (92049 ^{3/20/MPN}) **Wednesdays 9:00 am - 10:00 am** Chinese system of slow meditative exercise designed for relaxation, balance, and health. Instructor: David Hyland. **FREE!**

EDUCATION & SEMINARS

Blood Pressure Checks (Front Lobby) **1st Wednesday each month, 10:00-11:00 am** Come by the front lobby and get your blood pressure checked. Sponsored by: Hurst Plaza Nursing & Rehabilitation.

Medicare Counseling & Q & A (Front Lobby) The Medicare program is made up of several "parts" that offer various benefits, including hospital insurance (Part A), medical insurance for doctors' services (Part B), and prescription drug coverage (Part D). Stop by and visit with a representative:

- Thursday July 21, 9:00 am - 11:00 am with Bridgette Williams, Humana.
- Thursday, July 28, 10:00 am - 11:00 am with Celia Neyra, Nations Insurance Solutions.

Insurance Happy Hour (94039 ^{1/30/SA}) **Wednesday, July 6, 1:00 - 2:00 pm** Come for a mid-week break. Relax, enjoy some refreshments and learn how to leave a legacy and give a gift to a child/grandchild through the power of life insurance. Life insurance can be used for much more - college fund, tax-free retirement, etc. Sponsored by Stephanie Knudson, CoreBenefits. **FREE!**

Educate DFW & Hor d'oeuvres: Common Mistakes to AVOID with Social Security (94001 ^{1/50/MPN}) **Tuesday, July 12, 5:30 pm** Join Angela Tvedten for some light snacks while you learn valuable financial information about social security. **FREE!** This is a once in a lifetime decision. Make sure you know all of your options!! Topics to be covered include:

- How continuing to work will impact your benefits
- Required Minimum Distributions
- Social security and the tax torpedo
- When can you switch between benefits
- It's not just 62, FRA, or 70
- Understanding different types of benefits
- The costs of taking benefits early

ABC's of Medicare (94058 ^{1/16/Conf}) **Friday, July 8, 1:00 pm** Learn about different parts of Medicare, their program coverage, benefits and costs. Sponsored by Nations Insurance Solutions. **FREE!**

Edward Jones Presents (94040 ^{1/24/Conf}) **2nd Friday each month at 10:00 am.** Should I be afraid of the market? Come learn how to use the market to enjoy retirement more, the historical truth about the market and how to create more income for heirs or retirement. There will be a drawing for a prize and Adam Davenport will be available for specific questions after class. **FREE!**

Ask An Optometrist (94068 ^{1/16/Conf}) **Monday, July 11, 11:00 am** Dr. Michelle Martinez will discuss eye exams, diagnostic testing, eye disease treatment, surgical procedures, eye glasses and contact lenses. Come with your questions for this open forum style meeting. Sponsored by Northeast Eye Center. **FREE!**

Health Talk (94056 ^{1/25/SA}) **Wednesday, July 13, 1:00 pm** Learn proper nutrition and why portion control matters. Receive easy to remember tips on how to become portion aware and how to get more nutrition with every bite! Sponsored by: Wellmed. **FREE!**

Better Health for Seniors: Heart Smart (94063 ^{1/80/MPN}) **Friday, July 15, 11:00 am—12:00 pm** Scott Dobbs, Director of Wellness for Lakewood Village Health Care Center will share information on how to take care of your most valuable organ - your heart! Find out what you should and should not do, what foods are the best and how often to exercise to keep this muscle strong for years to come. **FREE!**

Neptune Society Information Session (94046 ^{1/16/Conf}) **Tuesday, July 19, 1:00 pm** Join us for a conversation about "Americas most trusted cremation services." Learn about his simple, respectful and affordable alternative to a traditional funeral. Sponsored by: Frank Creed, Neptune Society. **FREE!**

History of Aviation (94030 ^{1/20/CRB}) **Wednesday, July 20, 2:00 - 4:00 pm** Bob Shultz will present the history of McDonald Douglas Aircraft Company from inception through today. Please sign up at the front desk. **FREE!**

AQUATICS CLASSES

UNSTRUCTURED WATER TIME Use of the pool for unstructured water time is scheduled three days per week in two 55 minute increments. Space is limited to a maximum of 15 participants per day/time slot. Water noodles and kick boards are available for your use. We kindly ask that you return the equipment to the designated area when you are through using it. Inflatable floatation devices are prohibited.

- **Mondays, 10:00 am - 10:55 am (92065 ^{3/15/HVR}) \$5/month**
- **Mondays, 11:00 am - 11:55 am (92066 ^{3/15/HVR}) \$5/month**
- **Wednesdays, 10:00 am - 10:55 am (92067 ^{3/15/HVR}) \$5/month**
- **Wednesdays, 11:00 am - 11:55 am (92068 ^{3/15/HVR}) \$5/month**
- **Fridays, 10:00 am - 10:55 am (92069 ^{3/15/HVR}) \$5/month**
- **Fridays, 11:00 am - 11:55 am (92070 ^{3/15/HVR}) \$5/month**

Purchase a 5 class Punch Card (92075 & 92076) for \$20. Choose your day and time. Come when it's convenient for you. No worries about missing a class. (Card only applies to instructor led classes.) See front desk for details.

WATER WELLNESS If you have sore or tight joints, lower back pain, balance issues, or general aches and pains, come try out this gently paced water wellness class to help ease your symptoms. The water allows you to extend your joints and muscles in ways you are not able to on land. Swimming skills are not required. Instructor: Behka Hartmann

- **Tuesdays, 10:05 am - 10:45 am (92071 ^{3/15/HVR})**
- **Thursdays, 10:05 am - 10:45 am (92072 ^{3/15/HVR})**

WORK IT IN WATER Improve your cardio strength, endurance, and muscle tone in this awesome aqua class while you have fun, too! Aqua weights, noodles and kick boards along with your own body weight will be used to maximize your workout. Swimming skills are not required. Instructor: Behka Hartmann

- **Tuesdays, 11:05 am - 11:45 am (92073 ^{3/15/HVR})**
- **Thursdays, 11:05 am - 11:45 am (92074 ^{3/15/HVR})**

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00	Senior Center Pool Use Hours 10:00 - 12:00
10:00 - 10:55 Unstructured Water Time	10:05 - 10:45 Water Wellness	10:00 - 10:55 Unstructured Water Time	10:05 - 10:45 Water Wellness	10:00 - 10:55 Unstructured Water Time
11:00 - 11:55 Unstructured Water Time	11:05 - 11:45 Work It In Water	11:00 - 11:55 Unstructured Water Time	11:05 - 11:45 Work It In Water	11:00 - 11:55 Unstructured Water Time

FITNESS/HEALTH/WELLNESS

Line Dancing Line Dancing Lessons are a great way to get in some fun physical activity. Studies have also shown dancing to help in areas of memory, balance, cardiovascular and vertigo. You never need a partner and lessons are taught using all genres of music. Join Instructor Barbara Albright every Thursday for these **FREE** dance classes.

- **Beginners Line Dance (92054 ^{5/50/MP}) Thursdays, 1:00 pm - 1:45 pm**
- **Intermediate Line Dance (92055 ^{5/50/MP}) Thursdays, 1:45 pm - 2:30 pm**

Party Dance (92045 ^{3/50/MP}) Fridays, 11:15 am – 12:00 pm Get your heart pumping while learning a variety of dances including salsa, tango, ball room and other partner dances as well as line dances and more. Instructor: Rosy Pritchett. (Please note class canceled 7/1.) **FREE!**


Strengthen On Your Mat Core strengthening class that combines pilates, basic exercise moves, and yoga. Bring a bottle of water and a mat. Classes are \$2.50 each, payable at the beginning of each month. (Please note class cancellations: 7/1.)

- **Wednesdays (92057 ^{5/30/ MPS}) 4:00 pm, Instructor: Rosy Pritchett \$10/4 classes**
- **Fridays (92061 ^{5/30/MPS}) 10:00 am, Instructor: Rosy Pritchett \$10/4 classes**

Ageless Grace (92007 ^{5/30/MPS}) Thursdays, 10:30 am - 11:15 am Ageless Grace is a program that works on all five functions of the brain as well as the 21 primary physical skills we need for ageing youthfully. Designed so that almost anyone of any age, ability, body-type, size or with any physical challenge can participate and benefit from the simple tools for lifelong comfort and ease. Instructor: V'Ann Giuffre. Classes are \$2.50 each, payable at the beginning of each month. **\$10/4 classes.**

Yoga Classes Yoga attempts to balance mind and body via physical postures, controlled breathing, relaxation and meditation. Improve balance, flexibility, strength and more. Classes are designed for all levels. Mats are available, but you are welcome to bring your own.

- **Hatha Yoga (92035 ^{3/25/MPS}) Tuesdays, 2:30 - 3:30 pm** Incorporates the use of postures and stretches linked with the breath to develop flexibility. A combination of floor and standing poses is used to create a flow of movement that encourages proper alignment, balance and opening of the body. Instructor: Debbie Melchiorre/Michelle Varley **FREE!**
- **Chair Yoga (92053 ^{3/25/MPS}) Tuesdays, 3:45 - 4:45 pm** Chair yoga is a general term for practices that modify yoga poses so that they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand or lack the mobility to move easily from standing to seated to supine positions. Many of the basic body mechanics of the individual postures are retained, no matter the stance of the practitioner. While seated on chairs, students can do versions of twists, hip stretches, forward bends, and mild backbends. Instructor: Debbie Melchiorre/Michelle Varley **FREE!**
- **Yoga Therapy (92052 ^{3/15/MPS}) Mondays, 1:00 pm - 2:00 pm** Yoga Therapy is the adaptation and application of Yoga techniques and practices to help individuals facing health challenges at any level manage their condition, reduce symptoms, restore balance, increase vitality, and improve attitude. Instructor: Rachel Cowley. \$4 per class, payable at the beginning of each month. **\$12/3 classes.**
- **Relax, Renew & Restore Yoga Workshop (92060 ^{3/8/MPS}) Thursday, July 21, 3:00 pm - 4:30 pm** Experience restorative yoga poses that let you relax deeply and consciously, allowing tension to release from the body and energy to flow. Postures are seated or lying down with the use of props for optimal comfort. Bring your mat and a bottle water. Instructor: Michelle Varley. **Class fee: \$4**

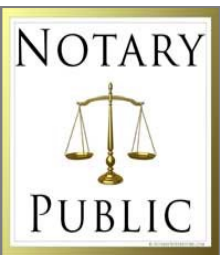
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>
Class schedules are subject to change. Please check with the front desk for class changes or cancellations.	See "Open Activities" for additional continuous classes and programs.	MASSAGE & REFLEXOLOGY Wednesdays 10:00 am—11:00 am By Appointment
<div>Closed For July 4th Holiday</div> 	<div>4</div> <div>5</div> 9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Quilter's Lab 10:00 Matter of Balance 10:30 ZUMBA Gold 1:00 Quilter's Block of the Week 2:30 Hatha Yoga 3:45 Chair Yoga	<div>6</div> 9:00 Tai Chi 9:00 Fit Start II 10:00 Beginner Quilt Making 10:00 Blood Pressure Checks 10:00 Samba Canasta Lessons 10:15 ZUMBA Gold 11:00 Spanish Club 1:00 Insurance Happy Hour 2:00 Ladies Powder Puff Pool 4:00 Strengthen on Mat 5:45 Fit Start I
<div>11</div> 9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange 11:00 Ask an Optometrist 12:15 Multi-Media Painting 1:00 Yoga Therapy 1:00 Computer Club 2:15 Music & Song 5:45 Fit Start I	<div>12</div> 9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Quilter's Lab 10:00 Matter of Balance 10:30 ZUMBA Gold 1:00 Quilter's Block of the Week 2:00 Glass Fusion 2:00 Get Your Pics 2:30 Hatha Yoga 3:45 Chair Yoga 5:30 Educate DFW & Hors d'oeuvres 6:00 Fitness Orientation (92025)	<div>13</div> 9:00 Tai Chi 9:00 Fit Start II 10:00 Beginner Quilt Making 10:00 Samba Canasta Lessons 10:15 ZUMBA Gold 11:00 Spanish Club 1:00 Health Talk 2:00 Birthday Party 4:00 Strengthen on Mat 5:45 Fit Start I
<div>18</div> 9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange 12:15 Multi-Media Painting 1:00 Yoga Therapy 2:15 Music & Song 3:00 Book Club 5:45 Fit Start I	<div>19</div> 9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Texas Hold'em Practice 10:00 Self Defense for Seniors 10:00 Quilter's Lab 10:30 ZUMBA Gold 1:00 Quilter's Block of the Week 1:00 Neptune Society Session 2:30 Hatha Yoga 3:45 Chair Yoga	<div>20</div> 9:00 Tai Chi 9:00 Fit Start II 10:00 Beginner Quilt Making 10:15 ZUMBA Gold 10:00 Samba Canasta Lessons 11:00 Spanish Club 11:00 Mixed Doubles Pool 12:30 42 Player Luncheon 2:00 History of Aviation 2:00 Bingo In The Afternoon 4:00 Strengthen on Mat 5:45 Fit Start I
<div>25</div> 9:00 Fit Start II 9:00 Art Addicts 10:00 Quilter's Choice 10:00 Café Exchange 12:15 Multi-Media Painting 1:00 Yoga Therapy 1:00 Computer Club 1:00 Jewelry Repair 2:15 Music & Song 5:45 Fit Start I	<div>26</div> 9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Quilter's Lab 10:30 ZUMBA Gold 1:00 Quilter's Block of the Week 2:00 Get Your Pics 2:30 Hatha Yoga 3:45 Chair Yoga 6:00 Fitness Orientation (92026)	<div>27</div> 9:00 Tai Chi 9:00 Fit Start II 9:30 Glass Fusion Lessons 10:00 Samba Canasta Lessons 10:00 Beginner Quilt Making 10:15 ZUMBA Gold 11:00 HSAC Crafting 11:00 Spanish Club 2:00 Texas Hold'em Tournament 4:00 Strengthen on Mat 5:45 Fit Start I

<i>Thursday</i>	<i>Friday</i>
<div>Sign Ups Begin! July 1 8:00 am</div>	<div>1</div> 10:00 Strengthen On Mat 10:00 Café Exchange 11:15 Party Dance 1:00 Fitness Orientation (92027) 2:00 iPad/iPhone 3:00 Frozen Friday
<div>7</div> 9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Writing Group 10:30 Ageless Grace 12:00 HSAC Crafting 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:00 Aircraft & Helicopter 6:00 Potluck Bingo	<div>8</div> 10:00 Strengthen On Mat 10:00 Edward Jones Presents 10:00 Café Exchange 11:00 8-Ball Singles Tournament 11:15 Party Dance 1:00 ABC's of Medicare 1:00 Fitness Orientation (92028) 1:00 You Can Paint With Oils 2:00 iPad/iPhone 2:15 Newcomers Connection 3:00 Simple Sewing Repairs 3:00 Frozen Friday Happy Hatters Meeting Saturday, July 9, 1 pm
<div>14</div> 8:30 Breakfast Club 9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Writing Group 10:30 Ageless Grace 12:00 HSAC Crafting 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:30 Floral Arranging 7:00 Dance - Bill G Band	<div>15</div> 10:00 Strengthen On Mat 10:00 Café Exchange 11:00 Better Health for Seniors 11:15 Party Dance 1:00 Fitness Orientation (92029) 1:00 For Love & Art 2:00 iPad/iPhone 3:00 Frozen Friday
<div>21</div> 9:00 Fit Start I 9:00 Ceramics & Wine Bottles 9:00 Humana 10:00 Writing Group 11:00 Lunch & Learn 10:30 Ageless Grace 12:00 HSAC Crafting 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:30 Bead Mania I 3:00 Relax, Renew, Restore	<div>22</div> 10:00 Strengthen On Mat 10:00 Café Exchange 10:00 Genealogy Club 11:00 Facebook for Desktop 11:15 Party Dance 1:00 Fitness Orientation (92030) 1:00 Movie and Munchies 2:00 iPad/iPhone 3:00 Simple Sewing Repairs 3:00 Frozen Friday
<div>28</div> 9:00 Fit Start I 9:00 Ceramics & Wine Bottles 10:00 Writing Group 10:00 Medicare Q & A 10:30 Ageless Grace 11:30 What's for Lunch 12:00 HSAC Crafting 1:00 Beg. Line Dancing 1:45 Inter. Line Dancing 2:30 Bead Mania II 3:00 Bunco 7:00 Sock Hop - Now & Then	<div>29</div> 8:30 Summer Fun w/Kids 10:00 Strengthen On Mat 10:00 Café Exchange 11:00 9-Ball Singles Tournament 11:15 Party Dance 1:00 Fitness Orientation (92031) 2:00 iPad/iPhone 3:00 Frozen Friday

"A Quick Bite"
Tuesdays at Noon
Only \$5
You choose your main entrée..
All meals come with a cup of soup, and a dessert.
See front desk for menu.

Place your order and pay at the

Upcoming Entrée Menu
July 5: Baked Potato
July 12: Italian Casserole
July 19: Orzo Chicken Salad
July 26: Not So Sloppy Joe Casserole



Need something notarized? The Senior Center offers free notary services. No appointment necessary, but we do recommend you call to be sure the notary is in the office. Notary service is FREE to Senior Center members.

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